

Shawn Mays

Shawn Mays, Licensed Massage Therapist

Shawn Mays, is a Nationally Certified & Licensed Massage Therapist through NCBTMB (National Certification Board for Therapeutic Massage and Bodywork). Shawn's massage expertise integrates several modalities which include Sports Massage, Orthopedic Massage, Pregnancy Massage, Deep Tissue Massage, Trigger Point Therapy, Myofascial Release, and Injury Rehabilitation.

She has experience working with clients who suffer from chronic and acute pain, sports injuries, fibromyalgia, sciatica, thoracic outlet syndrome, plantar fasciitis, and carpal tunnel syndrome.

Contact us to schedule an appointment with Shawn Mays.